



Covenant Schools of Rio Rancho- November 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1				1	2
Breakfast	The following meals/snacks are in celebration of National Holidays: 12th: Chicken Noodle Soup for the Soul Day 26th: Cookie Day 28th: French Toast Day			Blueberry Muffins & Milk	Cinnamon Toast, Bananas, & Milk
AM Snack				Strawberry Yogurt & Graham Crackers	Carrot Sticks & Ranch
LUNCH				Veggie Loaded Meatball Soup w/Noodles, Pears & Milk	Turkey Sandwiches, Pickles, Pineapple & Milk
PM Snack				Bananas & Animal Crackers	Chocolate Pudding & Graham Crackers
WEEK 2	5	6	7	8	9
Breakfast	Strawberry Oatmeal & Milk	English Muffins w/Jelly & Milk	Cereal, Bananas & Milk	Biscuits & Gravy, Oranges & Milk	Pancakes, Blueberries & Milk
AM Snack	Applesauce & Graham Crackers	Goldfish & Juice	Sliced Oranges & Pretzels	Cucumbers & Ranch	Strawberry Yogurt & Graham Crackers
LUNCH	Soft Tacos w/Beef, Beans, Cheese, Lettuce, Tomato & Sour Cream, Peaches & Milk	Green Chile Chicken Stew, Tortillas, Pineapple & Milk	Macaroni & Cheese w/Peas, Pears & Milk	Chef Salad, Croutons, Pineapple & Milk	Hamburger Vegetable Soup w/Rice, Pears & Milk
PM Snack	Marshmallows & Crackers	Jell-O w/Fruit	Carrot Sticks & Saltines	Tortillas & Sliced Cheese	Sliced Apples & Cheese
WEEK 3	12	13	14	15	16
Breakfast	Sausage & Kale Egg Cups, Oranges & Milk	Cream of Wheat, Peaches & Milk	Cereal, Bananas & Milk	Blueberry Oatmeal & Milk	Waffles, Bananas & Milk
AM Snack	Cheese & Pretzels	Bananas & Graham Crackers	Sliced Oranges & Saltines	Carrot Sticks & Ranch	Yogurt & Blueberries
LUNCH	**Chicken Noodle Soup w/Veggies, Pineapple & Saltines	Chicken & Rice Casserole w/Mixed Veggies, Peaches & Milk	Ham & Cheese Sandwiches, Pickles, Pretzels, Pineapple & Milk	Mini Pizzas, Salad, Pineapple & Milk	Penne Pasta in Marinara Sauce, Mixed Veggies, Pears & Milk
PM Snack	Goldfish & Juice	Jell-O w/Fruit	Celery & Wow! Butter	Bananas & Animal Crackers	Pudding & Pretzels
WEEK 4	19	20	21	22	23
Breakfast	Ham & Cheese Egg Cups, Oranges & Milk	Blueberry Muffins & Milk	Cereal, Bananas & Milk	Closed for Thanksgiving Holiday! 	
AM Snack	Goldfish & Juice	Crackers & Cheese Cubes	Sliced Oranges & Pretzels		
LUNCH	Cheesy Broccoli Soup w/Chicken & Rice, Peaches, Saltines & Milk	Turkey, Mashed Potatoes w/Gravy, Mixed Veggies, Rolls, Pears & Milk	Tomato Soup w/Chicken & Rice, Saltines, Pineapple & Milk		
PM Snack	Sliced Apples & Crackers	Jell-O w/Fruit	Vanilla Wafers & Bananas		
WEEK 5	26	27	28	29	30
Breakfast	Cream of Wheat, Peaches & Milk	Bagels w/Jelly & Cream Cheese & Milk	**French Toast Sticks, Bananas & Milk	Waffles, Sliced Apples & Milk	Biscuits w/Jelly & Milk
AM Snack	Tortillas & Sliced Cheese	Goldfish & Juice	Ham & Townhouse crackers	Cucumbers & Ranch	Strawberry Yogurt & Animal Crackers
LUNCH	Turkey Soup w/Veggies, Potatoes, Pineapple & Milk	Frito Pie, Corn, Pineapple & Milk	Spaghetti w/Meat Sauce, Carrot Sticks, Peaches, & Milk	Green Chile Beef Stew, Tortillas, Pineapple & Milk	Creamy Chicken & Veggie Soup, Saltines, Peaches & Milk
PM Snack	** Cookies & Milk	Jell-O w/Fruit	Celery & Wow Butter	Carrot Sticks & Saltines	Banana Bread & Milk

